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## BOOK REVIEWS



IN CHARGE OF

**M. E. CAMERON, R.N.**

**ELEMENTS OF HYDROTHERAPY.** For Nurses. George Knapp Abbott, M.D. Dean of the Faculty and Professor of Hydrotherapy and Practise of Medicine in the College of Medical Evangelists, Loma Linda, Cal. Review and Herald, Publishing Association, Washington, D. C. Price, \$1.50.

One wonders if the saying "Cleanliness is next to Godliness" has anything to do with such a book as this, coming out of a college of medical evangelists. Certainly the subject is most thoroughly covered and one has little to learn of the technique of hydrotherapy if one is careful, in practise, to follow such directions as the book contains.

The procedures of hydrotherapy are set forth in the second half of the book under the following heads: Local applications of Heat; Local applications of Cold; Heating Compresses; Poultices; Tonic Frictions; Sponging; Rubs and Frictions; Baths; Shampoos, Packs; Sprays and Douches; Enemata; Vaginal Douches. This part of the book is excellent and may be said to contain the last word as to what may be done with water. What to use and how to use it are carefully set down and the most inexperienced novice could not fail to comprehend the instructions.

It is the first half of the book that the reviewer fails to appreciate; it is in two parts: "Physiological Effects," and "Therapeutics." The matter is oversimplified and inadequate. Questions at the end of each subject are supposed to be answered from the book—but it is hardly possible for the student to give an intelligent answer unless he has access to other information than the book contains. The importance of hydrotherapy over general therapeutics claimed by the writer seems to suggest quackery in quite a painful way, and whether he means to convey the impression or not, he seems to claim that the hydro comes as an evangel to the school of therapeutics regardless of the fact that it is from the therapist that the hydro has got its teaching.

A critical hostility to established schools of medicines is not calculated to ensure a welcome for the book outside its own cult, even though it does contain excellent teaching of the technique of hydrotherapy.